

In The Kitchen Activities for Wednesday

On the Move

Salad Shake & Serve

Use your imagination to toss and serve your own healthy salad creation.

Materials:

- Paper
- Art materials (markers, crayons, colored pencils, etc.)
- Scissors
- Tupperware/bowl with lid
- Tongs
- Small plastic bowls

Instructions:

1. Draw, color, and cut salad leaves, vegetables (tomatoes, cucumbers, carrots, olives, etc.) of your liking from the paper.
2. Add the salad items to the bowl/container and secure with the lid.
3. Have your child shake the salad until its ready.
4. Provide your child with the tongs and have them serve the salad into bowls.

Adventures Online

The Kitchen Song

Let's go the kitchen to enjoy a yummy sing-along!

<https://www.youtube.com/watch?v=jkfOcm5gGSs>

Sensory Time

Kitchen Band

Did someone say music? Strike up the band.

Materials:

- Kitchen items (bowls, pots, pans, spoons, boxes, containers, etc.)

Instructions:

1. Use the kitchen items as musical instruments.
2. March around the room with your toddler to create your own kitchen band!

Story Time

Shapes for Lunch

Discover the many shapes we see in the food that we eat every day.

Read Aloud: <https://www.youtube.com/watch?v=YY6YGQy9fEE&feature=youtu.be>

Arts and Creativity

What's in Your Refrigerator?

Have fun creating a collage of all the things in your refrigerator

Materials:

- Magazine, newspaper, or coupon clippings
- Scissors
- Glue
- Paper

Instructions:

1. Look in your refrigerator and cut pictures from the magazine/newspaper/coupon clippings of the things you see in your refrigerator.
2. Glue the pictures of your refrigerator items to your paper.
3. Talk with your child about all the things they have put in their refrigerator collage and ask if there were other pictures of items that they want to include in their refrigerator at home.